

RETURN TO SCHOOL GUIDANCE

Do I need to Quarantine or Isolate?

What is Quarantine?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. People who have been exposed to COVID-19 should stay home, separate themselves from others, monitor their health, and consider getting tested. Quarantine starts on the last day of contact with a positive individual and usually last for 14 days; however, there are exceptions for leaving quarantine as early as day 7. If you test positive or develop symptoms during quarantine, the clock starts over according to isolation guidelines listed below. Vaccinated persons can refer to the [CDC guidance](#) for quarantine requirements.

What is Isolation?

Isolation is used to separate people infected with COVID-19 from those who are not infected. If you contract and recover from COVID-19, you do not need to quarantine again if exposed within 90 days of original illness.

What counts as Close Contact?

- You were within 6 ft of someone who has COVID-19 for a total of 15 cumulative minutes or more in any 24-hour period.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with someone who has COVID-19.

The following graphic describes different quarantine and isolation examples.

Scenario 1: I had close contact with someone who has COVID-19, but will not have further close contact.

Example 1A. 7 Day Quarantine

Quarantine can end after day 7 if all of the following criteria are met:

- You have received a negative COVID-19 molecular test after at least 5 days of quarantine.
- You remain symptom free throughout the entire 7 day quarantine period.
- You are able to adhere to masking and distancing *at all times*.
- It has been approved by your school or district.



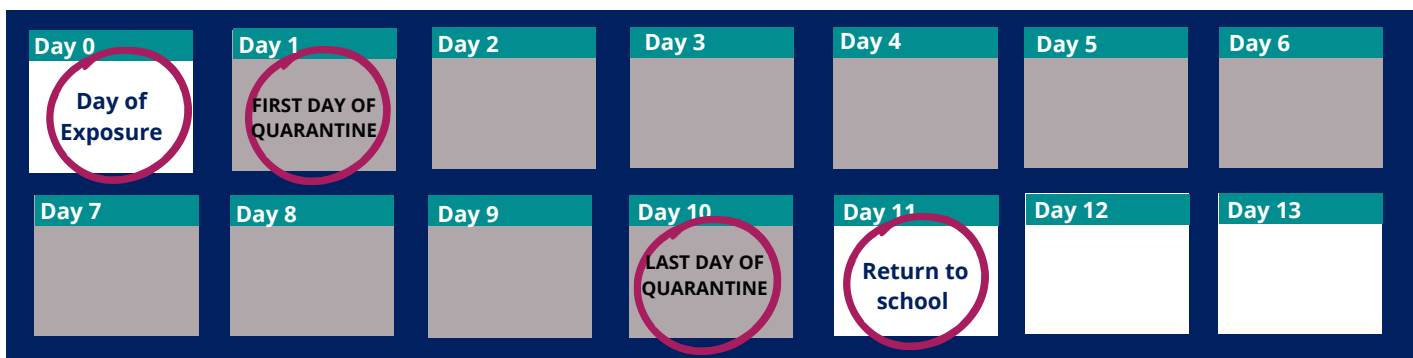
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Example 1B. 10 Day Quarantine

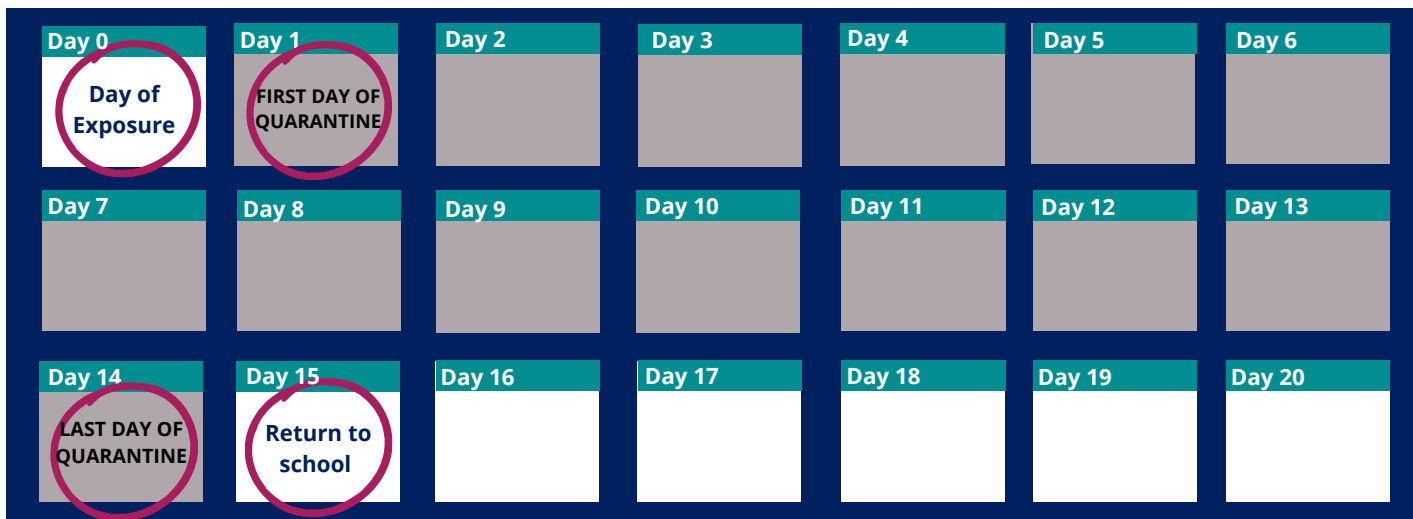
Quarantine can end after day 10 if all of the following criteria are met:

- You do not plan to get a COVID test after at least 5 days of quarantine.
- You remain symptom free for the entire 10 day quarantine period.
- You can adhere to masking and distancing *at all times*.
- It has been approved by your school or district.



Example 1C. 14 Day Quarantine

- Quarantine for 14 days if you do not experience any symptoms or do not meet the additional criteria for a shorter quarantine period.
- If you test negative, but are experiencing COVID-like symptoms.
- If you test positive you will need to follow the isolation guidelines .



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Scenario 2: I had close contact with someone who has COVID-19, and will continue to have further close contact.

Example 2A. Quarantine with further contact

- Household members must complete a quarantine period after the last date of close contact with a positive case during their 10 day isolation period.
- If you have additional contact or someone else in your household gets sick, your quarantine will start over.
- Contact your school to confirm how long your quarantine will be and when your return-to-school date is.**



Scenario 3: I have tested positive for COVID-19.

Example 3A. Isolation

Isolation can end if all of the following criteria are met:

- 10 days past symptom onset date or test collection date (if asymptomatic).
- You remained fever free, without the use of fever-reducing medication, for over 24 hours.
- All other symptoms have improved.

